



Feng Shui and Personal Energy

Energy is a remarkable phenomenon. In Feng Shui we use tools to balance energy – colour, shapes, elements of nature and more. What I have found is that the moving of physical energy will create an energy shift in an environment that is positive and noticeable, but the major energy shift in life is created when physical energy changes are combined with mental energy and spiritual energy.

Energy is what makes life alive. It infuses dead matter with order and beauty. It binds all the random pieces together so that a lump of molecules can suddenly feel and know things ... But it is not mystical. Everyone uses energy everyday...

Deepak Chopra, *Daughters of Joy*, pg 219

Balancing mental, physical and spiritual energy:

When energy is flowing you feel happy, creative, and productive; when energy is blocked you feel exactly the opposite. Deepak Chopra also says *“on a more mundane level, having a good day means energy is flowing; having a bad day means it’s stuck”* (*Daughters of Joy*, pg 220). To create this positive energy flow for your life there must be a balance of all three energies – mental, physical and spiritual. If you have an incredibly fulfilling spiritual life, but your physical and mental energies are out of synch – you will not be operating at your full potential. You will not be achieving what Neale Donald Walsh is reminding us to be *“the grandest version of the greatest vision of yourself”*. The same applies to your physical energy – if you focus all of your attention on simply working on the energy in your environment and your body – you will only be operating at 1/3 your potential. If all of your focus is on the intellectual – the same imbalance is created.

Religious extremism is born when mental, physical and spiritual energies are not balanced. Selfishness, pride and envy become your constant companion when your three energies are not balanced. Your life has no meaning and no direction when your mental, physical and spiritual energies are not balanced. To become all that you were meant to be, you have to work on your personal energy; you have to make a decision to balance mental, physical and spiritual energy. If any one of these is weak – your life will remain stuck, you will not reach your full potential; and you will never find the meaning of your life.

Connection to the energy of the Universe:

Consider the energy of the Universe. Life is constantly replenishing itself, creating anew in an orderly fashion. A bean seed doesn’t germinate to become a daisy; two sheep don’t make a calf – we can rely on the energy, creativity and order of nature. The seed contains the intention (energy) to become the plant. When you look at a small seed, it contains all that is needed for it to become the plant – that energy is contained within. You just have to add soil and water. As human beings, we also contain all that we were meant to become – all we need to reach our full potential is ‘soil and water’ – an environment in which to flourish. That environment is created when your mental, physical and spiritual energies are balanced. That is when you will become all that you were intended to be.

Our thoughts create our reality:

An extraordinary quote from Buddha is

“the mind is everything, what you think you become”.

That’s a huge thought for me. Most of the time we hardly know what we are thinking – we allow our thoughts to occur randomly, our subconscious mind is given permission to think exactly what it wants, no matter that it is constantly in negativity and that what we are thinking is what we are becoming.

This is the truth – our minds create our thoughts and beliefs; our minds create our reality. First comes thought, then comes word and then comes action. It is not outside the realms of possibility to believe that whatever we think, we create. Whatever you believe to be true (about yourself, about others, about your world) IS in fact your truth. What did you think about yourself today? Did you think you were fat and ugly? Did you think “I can’t do that”? You are creating your life. You are creating your reality. Perhaps you didn’t even notice what you were thinking today – perhaps you lived this day unconsciously.

If you think that you are incompetent (at your studies, at your job, perhaps even in all of life), that is the reality you are creating. If you believe that your family will always be unhappy or dysfunctional, that is the reality you are creating. If you think that you will always be poor ... I don’t need to list anymore – simply substitute the word you use to describe your life and then take a look at what is happening around you. We don’t need our partners, friends, parents or co-workers to tell us how weak and inadequate we are; we’re doing a fine job of creating negative realities for ourselves.

With your thoughts you have created the person you have become. Nothing and nobody else is responsible for who you are – not your parents, your family, your job, your nationality. Your mind is everything, it is responsible for who you have become. This is both a terrifying and an exciting thought. Terrifying because it means that we have to take responsibility for who we are; exciting because we finally have control over who we want to be. If we align ourselves with the positive energy of the Universe, with the positive energy of our soul, with the positive energy of God – we can become whatever and whoever we want to be. If we work on our personal energy – balancing our mental, physical and spiritual energy – we will create a life of endless possibility, we will actually choose exactly who we want to become; we will create a life in which our deepest dreams will come true.

You Asked About It ...

Q. Where is the best place to put a Bagua Mirror to keep the negative energy from difficult neighbours away from my home? I currently have a Bagua Mirror placed in my window facing out towards the neighbour's property. Would it be better to hang a mirror in a tree facing the neighbour's yard? Is there anything else I can do to deflect the negative energy and encourage good energy into my yard and home? I want to have and attract good neighbours.

A. The best place for the Bagua Mirror is on the outside wall of your home, facing the neighbours. Remember that the energy vibration of the Bagua Mirror is to keep negative energy away from your home and also to keep good energy inside. The Bagua Mirror is probably our most powerful cure and is a combination of the energy vibration of the auspicious shape (octagon), the colours (red for power, gold for prosperity, green for growth), the natural Trigram markings (the origins of natural energy), and the small mirror to deflect negative energy.

As an added cure to improve neighbourly relations and to attract good neighbours – add your mental energy (a written intention) and your spiritual energy (faith) to the situation.

Product Special



This lovely sapphire blue Swarovski 30mm crystal vibrates with spiritual energy and the energy of hope. This colour promotes calm and stillness. Improve your personal spiritual growth by hanging this crystal in either of the spiritual zones - Skills & Knowledge or Helpful People & Travel. Add calming energy to any zone in your home that is undergoing upheaval.

Order your Sapphire Blue Feng Shui Crystal today

**Special Price for Sapphire Blue Feng Shui Crystal \$24.95 ea
After Special Price \$29.95**

Upcoming Feng Shui Classes

Balancing Energy with Feng Shui	September 13, 20, 27, October 4
Feng Shui for the Garden	September 30
Clearing Clutter with Feng Shui	October 11, 18, 25, November 1
Residential Decorating with Feng Shui	October 14
Feng Shui for Retailers	October 15
Feng Shui for the Workplace	November 8, 15
Residential Decorating with Feng Shui	November 18
Feng Shui & Spirituality	November 19
Practical Feng Shui Consulting	November 22, 29

[Click here to view more information about Feng Shui classes](#)

To register call Mt. Royal College 403-440-3833 or 1-888-240-7203 or online at mtroyal.ca Click on My MRC



ST. MAARTEN, NS

Join Debra on our exclusive Feng Shui Cruise January 7 - 14, 2007

*Our cruise is getting booked up – to reserve your spot
email Brenda at Bonavista Travel brenda@bonavistatravel.com*

Brenda has additional information on exciting day trips for those days that we are in San Juan, St. Thomas or St. Maarten.

Go to www.fengshuicruise.ca for details on the destinations, dates and prices.

This will be an inspiring week and I look forward to spending time with you.

(Don't forget that Bonavista Travel have offered to set up an easy payment plan if that is what you require.)

What's New?

2nd Annual Feng Shui Christmas Party



Our Annual Christmas Party year will be held on
Wednesday, December 6th 2006
at the Elbow River Casino.

Tickets will be \$35 per person and will include
a sumptuous buffet dinner, entertainment, prizes, guest speaker
and most importantly recognition of our 2006 Feng Shui Graduates.

Please [click here](#) to book your tickets.

We have to pay a substantial deposit to reserve the banquet room,
so it would be appreciated if you could book your Christmas Party tickets as soon as possible.

About our Guest Speaker ...

Alvin Law is a speaker like no other. Born without arms, Alvin has always lived by the motto "There's no such word as can't!" Alvin's story is about the incredible power of humanity and the difference one person can truly make in a world searching for answers to why we're here.
(www.alvinlaw.com)

'Call for Writers'

Feng Shui Market and Publishing invites you to share your expertise with our newsletter readers and viewers. This is your opportunity to submit mental, physical and spiritual energy content that promotes the growth of personal energy. Submissions will be published both within the newsletter and on the Feng Shui Market and Feng Shui Zone websites.



[Contact us](#) by email to submit your topic and a brief outline of content (100 words).

Submission requirements:

Final articles should be 650 - 750 words in length; if you have used any reference material it is vital to include proper credits; end the article with a 30 word bio, including your name, Company, email, website. Deadlines will be provided.

Feng Shui Market & Publishing

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